



Empire State Capital Volkssporters



Walking Club in the Capital Region of New York State

Member of the American Volkssport Association and the International Federation of Popular Sports

WWW.WALKESCV.ORG

FEBRUARY 2014

Walk Schedule:

All dates and times as of publication are subject to change. Walkers are encouraged to **check the ESCV website**.

Registration begins 30 minutes prior to start.

Wednesday Walks

Scheduled May through August

One-Day Traditional Events

Scheduled May through December

Year Round & Seasonal Walks

Start time: Wed & Sat 10 am;
Sun 1:30

Feb 1 (Sat) – Saratoga Chowderfest
Feb 8 (Sat) – Schenectady, Soup
Party

Please refer to Walk Booklet for directions. Hint: Use Google Maps for directions from your home to starting point.



* * * * *

Contact Us At:

Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464

* * * * *
www.walkescv.org/



The Walkinggirl's Words

Happy New Year! Here's wishing all of us Health, Happiness, and Prosperity as well as many fun walking adventures!

Our Holiday Party at the Stockade Inn on December 7th was enjoyed by 127 people. Thank you, Lucy Desjardins and Bernie Geren, along with many volunteers for doing the work involved that made the event a true success. Even though there were negative predictions for the weather, we were fortunate to have sunshine and dry walking conditions. Thank you again, Pat Rush, for opening your home for refreshments and fellowship, and thanks to all who brought cookies, Carol Sorensen for transporting them and to the volunteers who helped Pat in her home.

Our 2013 walk program was successful thanks to Barbara Kolapakka, Teresa Kennedy, and Barbara and Mike Popolizio, chairpersons of the YRE/Seasonal, Traditional and Wednesday Walk committees. The traditional, event that happened to fall on a day of rainy weather did have low attendance, our snowshoe events needed to be cancelled or rescheduled, but all other activities went on as planned. We can control our calendar, but never our weather. Our calendar is set by the people named above and committee members through their planning, selection and collaborative scheduling of our many walks. Liz Walsh has taken over as chairperson of the YRE/Seasonal walks.

We are definitely on the travel map for walks when people are in the area. Ten POCs representing 12 of our 15 YRE/Seasonals have noted where our non-ESCV participants came from in 2013. People from other parts of New York State (Oswego, Webster, Hudson, Central Valley, Cortland, Vestal, and Oneonta) supported our walks. We had an international visitor from Norway walk in Albany as well as Canadians on the Nepean Nomads bus trip from Ottawa, Ontario; they stopped to walk in Albany, Johnstown, and Cooperstown. There were walkers from 21 different states (AL, FL, NH, PA, SC, TX, GA, NJ, IN, IL, CT, MD, OH, NC, WA, PA, MO, MA, RI, WI VA), with Albany receiving the greatest number of these visitors. Thank you, POCs, for providing this data to share.

Our 2014 walk program is slow to start because of poor walking conditions. Kathy Brown and I decided to postpone our group walk in Troy on January 1st because of dangerous icy conditions. The group snowshoe event in Spa Park was cancelled because the conditions were icy along with warm weather and rain. We live in the Great Northeast where, if we do not like the weather, we wait a minute. During the course of a few days we have seen temperatures in the 50's, negative teens, sunshine, thick fog, wind, snow, rain and freezing rain. There have been some truly excellent days for

(continued on next page)

The Walkinggirl's Words – (continued)

walking, snowshoeing, and cross-country skiing; one must do snow-related activities at opportune times before the good snow changes to ice or melts. Many of us dress accordingly and do not let many cold days stop our outdoor activities. On days when it is too cold and windy to walk outdoors, I have been walking for an hour at Wilton Mall or on the treadmill at the gym. Walking indoors is nowhere as pleasant or inspiring as walking outdoors, (OK, be blunt – it's BORING), but it keeps one in the walking habit.

We have a new start point for the Saratoga Springs City walk at The Downtowner Motel on the corner of Broadway and Division Street. LaVerne Stiles, the POC, reports that it is a locally-owned motel, is adjacent to the parking garage located one block west of Broadway and the owners were very welcoming! I have always admired The Downtowner's lovely flower beds along both Division Street and Broadway during the warm months.

Teresa Kennedy informs us that the start point for the Schenectady YRE has been changed from the listing in our 2014 booklet; it's now at the Apostrophe Café at Proctors. Please read the details elsewhere in this newsletter. To thank the manager for storing our Walk Box, consider having a drink, lunch or a snack to support that business. The previous start point was sold and then closed for renovations.

Mary Agars and Sue Burke have volunteered to oversee the Incentive Program. Thank you, Mary and Sue for doing this! If you have not acquired an Incentive Book as yet, they should be found in the YRE walk boxes. The program has changed from the past, do read the back of the booklet for details.

How many of our club members, past and present, have completed Volkswalks in all 50 states and/or 51 capitals? Please email me with your name and names of others that you remember. Some people who completed their 50 states wish to remain anonymous – please email me too, privacy will be respected. It would not surprise me that our club has one of the highest numbers, percentage of members-wise, of people who have done this. This data could be the basis for a good article highlighting our ambitious club in *The American Wanderer*.

See you on the walks!

Linda



- ESCV NEWS

The 19th Annual Holiday Party

by Lucy Desjardins

The weather on December 7th was nicer than predicted and 127 ESCVers provided the cheer for the annual Holiday walk and luncheon in Schenectady. We had a little exercise with good friends and some good food at the Stockade Inn... a nice way to start the season.

Special thanks go out to Bernie Geren and his walk registration crew of Marylou Geren, Alan Longshore, and Jean and Joe Padula. Bernie and Marylou were also responsible for registration for the luncheon.

Thanks also to Carol Sorensen for "cookie transport" and to Beth Snyder and Toni Walsh for their help at the Cookie House.

And finally, a big thanks to Pat Rush for volunteering her home as the "Cookie House". Your hospitality is greatly appreciated, Pat.

2013 ESCV Incentive Award Winners

By Eileen Skinner

The **original goal of our incentive program**, conceived by Dave & Eileen Skinner, along with Fr. Jack Cairns in 2006, **was intended to increase participation in our Year Round and Seasonal Walks each year.** This was done by rewarding those who did the walks with FREE Achievement Books & walk coupons for the Year Round/Seasonal Walks for the following Calendar Year. The average participation in this program has been between 30-40 ESCV Members each year. During our 25th Anniversary Year (2012) we changed the incentive challenge to earn a special Anniversary Umbrella by completing walks in 3 categories – Year Round/Seasonal; Traditional and Wednesday Walks. 97 members completed this Anniversary Challenge.

In the year 2013 we had 33 participants in our Year Round/Seasonal Walk Incentive Program.

- 8 members completed the entire Incentive (2 Books) which was to walk each of our 15 Year Round/Seasonal walks 2 times, 15 during each ½ of the year.
- 17 members completed One Incentive Book, walking each of our Year Round/Seasonal Walks once during the year.
- 8 of our members walked 10-14 Year Round/Seasonal Walks to earn one or two free Achievement Book during both ½ years.

2013 Incentive Award Participants and Their Rewards

Walked ALL 15 Different YRE/Seasonal Walk – TWICE (30 walks)			
Reward – 2 FREE BOOKS, 8 FREE WALKS, BUTTON AWARD & Certificate of Accomplishment			
Jean Padua	Joe Padula	John Cairns	Eileen Skinner
Vera Weiss	Bernie Geren	Marylou Geren	Loueen Whalen
Walked ALL 15 Year Round /Seasonal Walks at least once during this year			
Reward - 1 or 2 FREE BOOKS, 3 FREE WALKS & BUTTON AWARD			
Dave Janiga (27)	Beth Snyder	Barb Nigro	Cathy Edwards (16)
Frank Edwards (16)	Alan Longshore (17)	Carol Sorensen (21)	Robin Young
Barbara Kolapakka (25)	Rita Gavin (18)	Linda Morzillo (24)	Pat Reed (22)
Kathy Brown (25)	Jim Brown (25)	Mike Popolizio	Barbara Popolizio
Carol Kobuskie (15)			
Walked at 10-14 Different YRE/Seasonal Walks – reward FREE BOOK.			
Mary Sorell	Dorothy Pazinko	Jackie Reynolds	Doug Reynolds
Lea Darling	Marie Klucina	Barbara Billins	Pat Steadman

Asking Again... Does ESCV have the most?

By Linda Morzillo

In the last newsletter I asked for input: Does ESCV have the highest number of present and past members who completed a Volkswalk in all 50 states as compared to other clubs across the country? We do have many, many people who have done just that as well as a lesser number who have completed a Volkswalk in the 51 capitals. Let's find out! I am collecting names – please send me your name if you have, as well as your recollections of the names of others. Only a couple of people responded and the list is very short. I will share in a future newsletter and it would make a great article in *The American Wanderer*.

2013 Participation in ESCV Year Round and Seasonal Walks

Total number of participants in 2013 Year Round/Seasonal Events was 1,855 with many of those numbers being repeat walkers.

Are you counted among the number of walkers listed below who support our Year Round and Seasonal Walks by walking each one of them one or more times during the year?

We have some members who are taking advantage of the frequent walker discount (\$1.50 per any particular walk after doing that same walk 3X at the \$3.00 rate).

Kudos to those folks who get out there and support ESCV and our Activities. A lot of work goes into each walk and each walker helps support AVA's constant struggle to pay their bills, which without them we would not exist. Let's get out there in 2014 and raise the totals for all these wonderful walks that our devoted POC's maintain for US.

2013 Participation in ESCV Year Round and Seasonal Walks

Walk Location	Qtr 1	Qtr 2	Qtr 3	Qtr 4	Totals
Albany - Downtown	41	28	16	94	179
Albany/Colonie Crossings		70	20	40	130
Bennington, VT		30	27	18	75
Caroga Lake		43	29	6	78
Clifton Park		88	59	25	172
Cooperstown		16	74	13	103
Johnstown		48	70	8	126
Lake George		38	15	31	84
Saratoga Spa Park	13	62	18	51	144
Saratoga Springs - City	68	6	54	53	181
Saratoga Battlefield	17	31	13	26	87
Schenectady	63	10	27	43	143
Scotia		59	75	9	143
Troy	30	13	14	35	92
Williamstown, MA		70	19	29	118
Quarterly Totals	232	612	530	481	1855



New Starting Point For The Schenectady Year Round Walk

Due to the closing of the Holiday Inn for a make over to a Doubletree Hotel, a new location for the Schenectady Year Round start point needed to be found. We are delighted to announce that the new start point will be the **Apostrophe Cafe** located next to the Proctor's box office at 432 State Street. The manager of the cafe, Jackie Davis, was most welcoming. The cafe is open daily from 8am to 8pm and proudly serves farm-to-table food items. Salads are fresh, meats are nitrate free, and baked goods are mostly locally made. Wait comfortably for your friends with a cup of coffee before the walk or stay for lunch or a snack after completing the 10 or 5k route through historic downtown, the Union College campus and surrounding area. Bathroom lines before group walks will be nonexistent as the rest rooms are huge!



Parking in the lot behind Proctors is free for the first two hours and \$3.00 for the third hour. Parking is free on the weekends unless there is an event at the theater.

The walk box will be located behind the counter of the cafe. It may be necessary to describe it as the black file box with a sign on the front that says, "Walk Box, property of ESCV."

New Special Programs this year are:

❖ **National Register of Historic Places** – In the walk the following are on the register:

- The Barney Building, 217-229 State Street
- The Stockade Historic District
- Proctor's Theater and Arcade
- Nott Memorial on the Union College Campus
- The General Electric Realty Plot bounded by Oxford Place, Union Avenue, Lenox and Lowell Roads.



❖ **Cities in Song** – "I Can't Spell Schenectady" can be heard on YouTube.

<http://www.youtube.com/watch?v=xg0kdosjoZE> It will never win a Grammy.

❖ **Honoring Our Flag** – They are many including Veteran's Park and Union College.

2013 AVA Centurion Walking Challenge

By Eileen Skinner

During the past 10+ years, I have come close or walked more than 100 Events each year. When AVA announced their Centurion Challenge (100 walks) late in 2012, I was interested and registered for this program. Since I would be finishing my 51 Capitals in 2013 (in May) and had already finished my 50 States Walks in 2006, I was looking for a new challenge. I completed my 100th walk for 2013 in Mid-November while doing our Clifton Park Seasonal Walk and have again registered to take the Centurion Challenge for 2014.



I recently read in the AVA Checkpoint that only 150 individuals had completed the 2013 challenge.

Registration for the 2014 Challenge is open to Associate or Life members of AVA. Walking for the record (100 walks) began January 1st. The annual participation fee is \$25.

The 2014 registration form is available online, <http://www2.ava.org/Centurion.php>

Just complete it and submit by email and head out on the trail.

**REMINDER - Renew Your Membership For 2014
Before February 28th**

You and your friends are invited to an Art Exhibition February 1 – 28 at the Colonie Town Library. Over eighty (80) original artworks (many prize winning) will be on display and available for purchase.

The artists, **Joan Van Alphen** and **Bev Braun**, will welcome visitors at the reception on Sunday, February 9th from 2:00 to 4:00 PM.

Both are members of several artist associations in the Capital District.

Joan has been an ESCV member for approximately 8 years.

Location: William K. Sanford Town Library, 629 Albany Shaker Road, Loudonville, NY



Membership

Larry Godshalk - Lgodshal@nycap.rr.com

JUST ANOTHER REMINDER for those who haven't done it yet. Please RENEW YOUR MEMBERSHIP for 2014 BEFORE February 28th. It is quite simple. At the end of the newsletter is the Membership Form. Fill it out, write a check, and mail it in. ONLY 190 OF THE 330+ MEMBERS HAVE SENT IN THEIR RENEWALS AS OF JANUARY 22, 2014. It MUST be done by February 28th or, you will not be included in the Directory or any hotmail notifications. You can also print out the membership form on our website.

I have taken over as Membership Chairman for Tad Darling who has done an exemplary job of keeping track of the 300+ members for a number of years. Tad will continue to assist me over the winter to prepare and issue the 2014 Membership Directory in early March.

There are no new members to report this month.

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

MONTHLY MEETING

Tuesday, February 18, 2014

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome!

ESCV Meetings 2014

ESCV meetings will be held at the Latham Fire House, 226 Old Loudon Rd in Latham at 6:30 PM. The room is reserved March 18 as well as, April 15, May 20 and June 17, 2014.

Birthday Wishes

Happy January Birthday to . .

Dianne Ammerman
Barbara Bilins
Amanda Bouchard
Kathleen Brown

Sandy Carmichael
Dawn Desroches
Ellen Elie
David Huggins

Janice Kehn
Sharlene King
Janet Koval
Deborah Lotito

Cathy McGuire
Bill Russom
Cathy Schryver
John Watson

Happy February Birthday to . .

George Agars
Erica Berger
Elizabeth Burke
Kate Cahill

Patricia Clausi
Berny Desroches
Mary Anne Hess
Genevieve Ireton

Edward King
Emily Koch
Barbara Kolapakka
Midge Launsbach

Josephine Maloney
June Shaw



Sunshine and Cards of Care

We will miss out long-time member, **John Massimilian** and extend our sympathy to Dolores and the Massimilian family.

Lil Julian's husband, Frank, passed away on January 16th. We extend our sympathy to her and her family.

We extend our sympathy to **Larry Godshalk** and his family on the recent loss his mother.

Kathy LeRoux's brother, Eddie, passed away in his sleep on Friday, January 24th. We extend our condolences to you, Kathy.

Jackie Wilson, formerly of the AVA office in Texas has passed away. ESCV made a donation in her memory to St. Jude's Hospital in honor of all she had done to promote Volkssporting.

Longtime members **Bill Hughes, Marge Shanley, Jack Hickey, Lisa Holt, Berny Desroches, Carolyn Lounsbury, and Jane Pattison**, are slowly gaining strength in their daily fight to get better. **Teresa Kennedy, Phyllis Budka, and Jean Eaton** will soon be back to their old routines. Perhaps you'd like to drop a card off to them at their home addresses to let them know they are in our thoughts and prayers.

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by e-mail kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

Thanks!

Thank you so much to my dear ESCV friends for the many cards and warm get well wishes! I am doing very well and encourage everyone to keep on exercising. It makes a difference!

- Phyllis Budka

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com. They are available with either a magnet or pin back for \$8.

From the Editor

Articles for the March newsletter are **due on Friday, February 21, 2014**. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trip are always welcome. ☺

Ellen Brown - gorow1010-escv@yahoo.com - 384-0015



- American Volkssporters Association

www.ava.org



- Northeast Region

N.E.R.D. News

Doug Reynolds – Northeast Regional Director

www.avaclubs.org/NE_RD/



- International Federation of Popular Sports

www.ivv-web.org/

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	Lmorzillo@yahoo.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Cathy McGuire	Cmcg51@hotmail.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
Webmaster	Eileen Skinner	EFSkinner@aol.com
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com



ESCV Want Ads

Web Page Backup:

Looking for a reliable person with good computer and organizational skills to shadow the club webmaster.

POC (Point of Contact):

Shadow a present POC to learn how to do this essential job. POCs plan and oversee YRE/Seasonals, Traditional and Wednesday Guided Walks. Routes are already in place, person would learn how to prepare a walk box and complete quarterly reports.

Treasurer Backup:

Looking for a reliable person with good computer and organizational skills to shadow club treasurer. Would learn how to submit monies to AVA and file a few necessary forms.



ESCV Hotmail

**Some 2014 Group Walk Dates Are Missing.
Please Add Them Now!!!**

It's never too early to start thinking about our **2014 Group Walks**. So please **add** these walk dates to your **Bookmarks** and **YRE & SW Booklet** centerfold.

- | | |
|--|--|
| ☆ Saratoga Spa Park | Sunday, April 6, 2014 <i>and</i>
Sunday, November 9 |
| ☆ Saratoga Battlefield
(Nat'l Historical Park) | Saturday, October 4, 2014 |
| ☆ Saratoga Springs (City) | Saturday, November 15, 2014 |

Other reminders will be sent periodically.

Volkssporters on the Go...

Holiday Party



Photo by Jim Morzillo

Schenectady Walk



Photo by Jim Morzillo

Schenectady Walk



Photo by Linda Morzillo

ESCV MEMBERSHIP FORM

Revised: November 2013

PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1st are one half the annual fee through December 1st.
- ✓ Renewal starts December 1st. Renewals received after February 28th will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- ✓ Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- ✓ **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- ✓ To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; LGodshal@nycap.rr.com

PLEASE PRINT CLEARLY

Date Submitted: _____ Family or Single Membership? (Circle one)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____


What Month is Your Birthday (Optional): _____ Do you receive "The American Wanderer" Yes/No?

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive "The American Wonderer" Yes/No?

- Enter winter mailing address and dates effective on back of form 
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Oktoberfest, Pasta Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to **ESCV** - \$18 for Family or \$10 for Single Membership (half price for new members Sept. 1st to Dec. 31st and include \$10 for each new member for your "New Walker Program Packet")
- Mail this form and check to: ESCV Membership
PO Box 5464
Clifton Park, NY, 12065-5464

Empire State Capital Volkssporter
PO Box 5464
Clifton Park, NY 12065-5464



MONTHLY MEETING

Tuesday, February 18, 2014

6:30 PM

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!